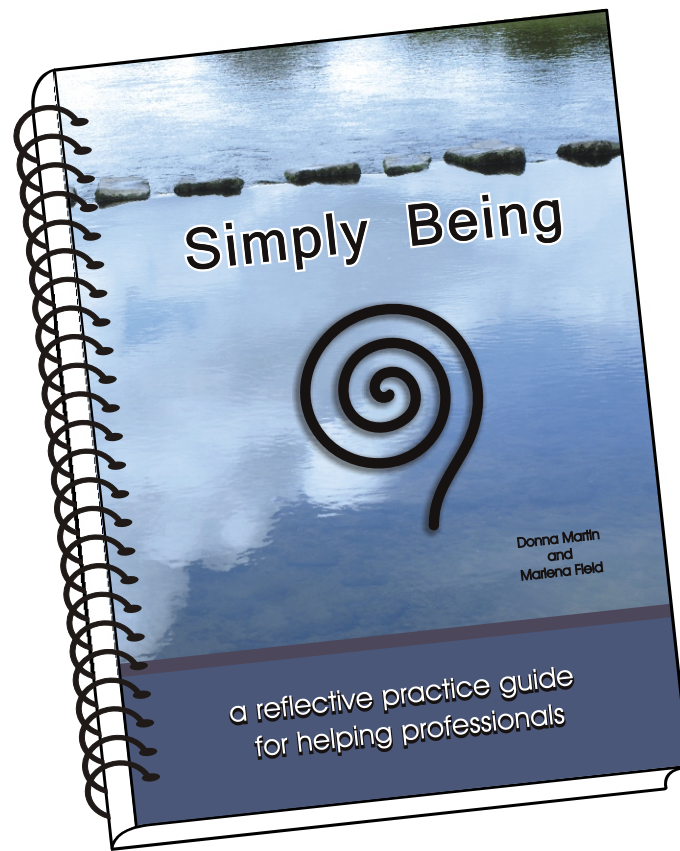


Simply Being

a reflective practice guide for helping professionals



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The Labyrinth is an ancient symbol for reflective practice. In many parts of the world, throughout the ages, people have been walking the labyrinth as a way of centering themselves, or seeking insight during times of transition. It symbolizes the journey into the center of one's being, and the return out again transformed. We use it here to represent the practice of reflection, of going first within, to the center, the heart of our beingness. This part of the labyrinth journey symbolizes coming home to the self. And the second part, the coming out from the center, represents the self relating to other, of bringing our beingness to our way of being with. When we use reflective practice, we become grounded in a mindful way of being that opens our hearts to others as well as to ourselves.

Introduction



Simply being yourself, offering your personhood and presence, is the biggest gift that you bring to your relationships – both in your work and in your personal life.

Being totally present with and for someone creates the space for healing. It provides the context in which relating can be more authentic, open-hearted, and meaningful. Simply being available for this moment – whatever it is – allows something real to rise to the surface and begin to unfold. The non-essential begins to fall away, and what emerges is a kind of clarity and intimacy that reminds us about what is really important.

When we are capable of simply *being*, then *doing* happens in a more meaningful way. Our personhood – who we are when we are simply being, when offered in relationship, allows whatever we are doing to become more congruent, more powerfully appropriate for the other.

SIMPLY BEING

Our personhood goes beyond our personality and touches the true spirit of who we are. From this way of being with another, we bring more of our natural curiosity, intuition, and creativity to our relationships. From this place of being we can offer compassion, open-heartedness, joy, acceptance and courage.

As helping professionals, we have a profound opportunity to share in another person's experience of life. It is an intimate connection. Who we are being as a helper and support person is the most important aspect of our role in any therapeutic relationship.

Helping others is all about "being in relationship", and therefore about developing personhood – full human beingness. Yes, it's great that we have training, experience, and skills. But unless we can show up fully in our relationships and be authentically ourselves, our presence offers less than its full potential and we end up feeling generally less fulfilled.

This book provides a self-study reflective practice guide for:

- **how *simply being* can enhance whatever we do, both in our work and in our personal relationships**
- **how *simply being* reduces stress and invites a calm serenity that makes any action in the moment more likely to be relevant and useful**
- **how *simply being* creates space for another to feel our presence in a way that is reassuring, comforting, nourishing**
- **how *simply being* opens the door for insight, wisdom, and connection**
- **how to help others, if that is our role, come back to *simply being* in a way that makes their own lives richer, more peaceful, more creative, and more joyfully inspired**

INTRODUCTION

This is also a guide to reflective practice for personal balance and for doing whatever work you are doing more joyfully, creatively, and effectively. Relating to others in this way feels more effortless and enjoyable, energy-sustaining rather than draining.

From this guidebook you will learn ways to practice reflecting on who and how you are being – both with your clients and with the other important people in your life. You will probably discover some old habits and patterns that are limiting your full performance as a helper or as a friend. You may have some important insights – some ‘aha’ moments – that can help to move you forward towards greater fulfillment in work and in life.

You will also be offered practical ways to help others to reflect, to stay present, to simply be aware of the moment and of what is happening in their present experience. This way of simply being is illuminating. It is an effective way of reducing unnecessary stress, of clearing away harmful thoughts and emotions, of remembering where you are in life and what is true for you. As a reflective practice it allows insight and clarity to emerge out of confusion and helps you to listen to your inner wisdom. It helps to put everything into its proper perspective.

Simply being present offers an oasis in the desert of past and future thinking, where the most dissatisfaction, distress, and unnecessary mental suffering reside.

*It takes courage to go
beyond self-importance
and see who we really are –
but this is our path...
this process begins with self-reflection.*

Dzigar Kongtrul Rinpoche